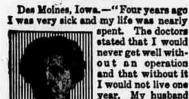
HUSBAND OBJECTS TO OPERATION

Wife Cured by Lydia E. Pinkham's Vegetable Compound



I was very sick and my life was nearly spent. The doctors stated that I would never get well without an operation and that without it I would not live one year. My husband objected to any operation and got me some of Lydia E. Pinkham's Vegetable Compound. I took

it and commenced to get better and am now well, am stout and able to do my own housew I can recommend the Vegetable Compound to any woman who is sick and run down as a wonderful strength and health restorer. My husband says I would have been in my grave ere this if it had not been for your Vegetable Compound."—Mrs. BLANCHE JEFFER-SON, 703 Lyon St., Des Moines, Iowa.

Before submitting to a surgical operation it is wise to try to build up the female system and cure its derangements with Lydia E. Pinkham's Vegetable Compound; it has saved many women from surgical operations.

Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice-it will be confidential.

COULD NOT CORNER MIKE

Mr. Flaherty Ready With Explanation for Fallure to Keep Awake in Church.

One Saturday evenlag Mrs. Flaherty said to her husband, who is a success ful contractor: "Mike, Father Burke is to preach tomorrow at St. Patrick's church, and you've often told me you wanted to hear him." "Yes, Jane, I do want to hear him.

They say he's a fine speaker." "But, for pity's sake, Mike, if you do come with me, keep awake! You know you're always falling asleep during the sermons.'

"I'll do my best, Jane."

Next day, when Father Burke began to preach, Mike watched him for five minutes, and then dropped off to sleep. When they were back home Jane gave Mike a tongue lashing.

"Well, Jane," said Mike in self-defense, "it's just this way. When I engage a new hand I watch him to see if he's on the job. As soon as I find he's efficient and hard-working I don't bother about him any more. Now, as soon as Father Burke began I saw he was right on to his job, and so I didn't worry about him. And then, in spite of myself, I let go."-Everybody's Magazine.

Childlike Nature.

"Do you mean to tell me that tenderfoot pulled a gun 'cause he thought you had stacked the cards?" "That's what I said," replied Piute

"You told me the game was going to be like taking candy from a child." "Yes. But some children has awful dispositions."

His Tree. Bill-Has he a family tree? Jill-Oh, yes.

"What is it?" "Well, it's of the nut-bearing fam-

Cuba has the largest orange grove in the world, covering 2,000 acres.

Why That Lame Back? Morning lameness, sharp twinges when bending, or an all-day backache: each is cause enough to sus pect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story.

Donn's Kidney Pills. Thou

sands recommend them. A Kansas Case W. H. Siddons, 203
S. Plain St., Wellington, Kan., says: "My kidneys were in bad shape and caused me no end of trouble. I had to get up often at night to pass the kidney secretions and my back pained so severely I c o u I d n 't get around without misery. When I got up from a chair I had to take hold of something for support. Two-boxes of Doan's Kidney Pills made me strong and well."

Get Doan's at Any Store, 80c a Box
DOAN'S HIDNEY
POSTER-MILBURN CO., BUFFALO, N.Y.

Make the Liver Do its Duty Nine times in ten when the liver is right the stomach and bowels are right.

CARTER'S LITTLE LIVER PILLS gently but firmly com-pel a lazy liver to do its duty. Cures Conand Distress After Esting.

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature Brentsood

NEW PENSION LAW FOR WIDOWS Bend for blanks and instructions. DE. C. E. HOWE a CO., Penies and Patest Atteracys, WARRINGTON, D. C.

"ROUGH on RATS" Bids Rats, Mice, Bugs

MAKES THE DRUNKARD. the drunkard but the first, and the W. N. U., KANSAS CITY, NO. 40-1916

Gemperance

BREWERIES NOT ADVERTISED.

At the recent national convention of

ndvertising men held at Philadelphia

the delegates from Milwaukee conspic-

uously omitted all reference to the

product which made their city famous,

A mammoth banner stretched in front

of their headquarters informed the

public that Milwaukee produces \$76,-

000,000 in iron, steel and machinery

each year; \$45,000,000 in packed and

prepared meats; \$43,000,000 in leather

and leather products, and various other

useful commodities but there was

"Talk to the forty delegates from

that city and you'll notice the same

thing," says the North American of

Philadelphia. "They'll throw up their

hats over their 'largest tanneries'-and

not a word about beer. They'll become

enthusiastic over their 3,000 manufac-

turing plants without mentioning the

breweries. Talk to a member of the

Milwaukee Ad. club, and he'll fill your

ears full of the wonderful achevements

of-not full-page booze ads, but a

The same thing was noticeable in the

literature distributed. Banks published

folders advertising the city as a home

for business and omitted mention of

the breweries. There was not a placard

or a printed page in evidence at the

convention on Milwaukee's much-

The 400 newspaper correspondents

attending the national Democratic con-

vention in St. Louis were invited by

Mr. August A. Busch, head of the An-

heuser-Busch Brewing company, to a

mint julep function at his home. Less

than 100 accepted, and a score of au-

tomobiles the host had engaged for

the occasion went away empty. One

of those who declined the hospitality

"The time has passed when news-

paper men can keep the pace of the

fastest men in the world and meddle

with even the mildest of intoxicants.

This fact is recognized in the most

practical way by a large majority of

the craft. During last week at Chi-

cago, when the pressure of work was

tremendous and the weather abom-

inable, I was in constant contact with

the same body of correspondents who

are here today, and in all that time I

dld not see even one under the in-

fluence of drink. I hope to see the

time come when men of my calling

will no longer be exposed to the dan-

gers which beset the now recognized

standards of hospitality, but that the

open-handed friendliness which I know

you feel toward your friends and mine

will find some other form of expres-

"The position of our organization is

well known," says Mr. W. S. Stone,

grand chief of the Brotherhood of Lo-

the churches. Liquor has no place

in our modern railroading. There is

no class of men in the world of whom

more is required and who should have

the train, even though he has no re-

gard for his own safety, has no busi-

ness to use it in any way; by so doing

The late James J. Hill, the railway

magnate, was an advocate of national

prohibition and would shortly have

brought before the resolutions commit-

tee of the Democratic party the matter

of a prohibition plank in the party

factor in the promotion of crime, dis-

ease and poverty in this nation was

the liquor traffic, and that he delieved

national prohibition was the best selu-

This is the sign, in big display type,

over a shoe shop in the city of Den-

ver. The proprietor occupies one of

the buildings vacated by a saloon-

keeper on January 1. He calls him-

self "the shoe merchant extraordinary

of Denver, Omaha and Lincoln," and

he urges former saloon patrons "not

to cry over spilt booze," but to pat-

Circulars have been sent to the Aus-

trian soldiers urging them not to drink

alcoholics, "as they make men slug-gish and incapable of marching, inter-

fere with good shooting, and render

During 1915, Americans drank 2,

Life proceeds much as usual in

Moscow, the commercial capital of

power of the people was never so

great-this latter fact being accounted

for generally by the prohibition of

vodka.-Associated Press Correspond-

first drink is almost always beer.

to the Michigan Campaign Manual.

one more susceptible to infectious dis-

BELIEVED IN PROHIBITION.

he endangers others."

tion of the problem."

"BEER SMELL IS OUT."

ronize Budd's Shoe Shop.

PLEA TO SOLDIERS.

BEER CONSUMPTION.

LIFE IN MOSCOW.

eases."

HAVE NO USE FOR LIQUOR.

wrote Mr. Busch as follows:

church advertising campaign."

vaunted "temperance drink."

MODERN NEWSPAPER MAN.

nothing about its breweries.

LESSON By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)

INTERNATIONAL

SUNDAY SCHOOL

Copyright, 1916, Western Newspaper Union.

LESSON FOR OCTOBER 8 PAUL BEFORE FELIX.

LESSON TEXT-Acts 24. GOLDEN TEXT—Herein I also exercise myself to have a conscience void of of-fense toward God and men always.—Acts

This is a court scene, and it might be well with certain classes to introduce the lesson by describing such a gathering. The lesson occurred five days after the last lesson, and twelve days after Paul reached Jerusalem, bearing the collection for the poor. The place, Caesarea, was the Roman capital of Judea.

I. The Prisoner's Examination (vv. 1-9). In addition to the Roman governor. Felix, attired in his gorgeous official regalia, on a platform nearby, were the high priest of the Jews, in his highly colored and jeweled robes, the lawyer, Tertullus, in his Roman toga, and the elders of the Sanhedrin who had come down from Jerusalem to be witnesses against Paul. Of Tertullus it was said that, by his persuasive tongue, he could make white seem black, and could therefore more easily make it appear that Paul was "a dan ger to the Roman power, and not mere ly a turbulent and renegade Jew." The judge, Felix, was an exceptionally bad governor, who two years later was recalled by Nero to Rome. The infer-ence of verse two is that Paul was an also to the Greek." inciter of rebellion and robberies, but the exact charges were three-fold: (See vv. 5-6) (a) that Paul was a mover of insurrection: (b) that he was a ringlender of a sect of Nazarenes who were causing trouble in the province: and (c) that he had profaned the Jewish temple at Jerusalem. The charge of insurrection would be especially obnoxious to Felix who had just been praised for keeping peace in his dominion. That of being a leader of heresy was not serious, for the Romans had no desire to interfere between one Jewish sect and another, but it led to the last one, viz., profaning the temple. The Romans had legalized the Jewish ritual, and for Paul to profane the holy place would be a serious outrage. The weakness of Tertullus' case was that he produced no evidence to support his charges. The accusers were there, but they had no witnesses.

Paul cheerfully made his defense, for he knew the Jews and their customs, and that Felix had married a Jewess, (v. 24). We might consider this defense first negatively and then positively. On the negative side, Paul answers each charge seriatim. In the first place there had not been time for him to cause an insurrection (v. 11). Going back over these days; (1) his arrival comotive Engineers, "We fight the in Jerusalem (21:15); (2) his appear-liquor evil perhaps as hard as any of ance before James (21:18); (3, 4, 5 and 6), the days of his vow (Ch. 21:26, 27); (7) his arrest; (8) his appearance before the Sanhedrin; (9) the conspiracy and his deliverance: (10, 11, 12 and 13) clearer heads than the men in charge in Caesarea (See Ch. 24:1). Paul's of the transportation services of this statement showed that the whole story country. Those of us who have been of his experience was fresh in the in the railroad game for years know memories of both friends and foes. It mite of God. We might just as well the infinitesimal space of time that was the Jews who did the stirring up. spells the difference between safety Paul answers the second charge by and disaster. There is no question but acknowledging (vv. 14-16) that he bethat liquor does slow down the brain longed to the Christian way of salvaaction and the man in the cab of the tion, but denied that this was heresy. locomotive and the man in charge of Paul was a true Jew and a good Pharisee, for (1) he worshiped the the Jewish law and prophets. From them he knew he could prove that with the Pharisees (v. 15) in hope toward God, a resurrection from the dead and immortal life. Paul's life was made a public statement indorsing it, and worship, and toward men as shown an insane frenzy and in Nero's time was the assertion made by Prof. Irv- in good deeds. It was for this that he ing Fisher at St. Louis, when he exercised himself. Literally, he worked however, was eager to go there with and training it. Paul answers the third charge by a simple denial that it had actually taken place, and calls for wit-nesses. Positively, Paul explains that ity, try something else besides the platform. "I received a letter from Mr. Hill," said Professor Fisher, "in which he declared that the greatest he had followed the God of his fathers, that he believed in fulfilled propliecyliterally the resurrection of Jesus from the dead-that he came to Jerusalem

11. The Prisoner's Defense (vv. 10-21).

III. The Judge's Delay (vv. 22-27). Felix had a "more perfect knowledge of that way." We believe he had secured this knowledge from Philip, the evangelist, and from Cornelius, the Roman centurion, both of whom lived in Caesarea. By deferring his decision, Felix avoided an outrageous injustice to Paul, and at the same time gave serious offense to the troublesome Jews who knew of his evil conduct. From verse twenty-three we see that Paul was given liberty, literally such indulgence in freedom as would be consistent with his safety. Luke, the physician, and Philip, the evangelist, visited him here, bringing food, books and letters. After a time Felix and his wife, Drusilla, sent for Paul to talk with him "concerning the faith in Christ." Drusilla was a daughter of Herod Agrippa I (vv. 12-23), and a sister of Herod II (See Ch. 26). She was 136,537,972 fewer pints of beer than a beautiful woman, much younger than in 1014. These bottles would make a Felix who was possibly about sixty olumn 303,447 miles high, according years of age. She and her only child perished in the eruption of Vesuvius knewest on earth the sweetness of A. D. 79. Paul before Felix emphasized three points. (1) Righteousness -right principles, right conduct, integrity and justice-duties which man owes to man. (2) Paul reasoned of tools, take up my pligrim's staff, and Russia, and despite the rise in prices, trade in general is good and the buying temperance, literally self-control. Tem- fare forth on the journey that lendeth perance, as here used, is ability to to thee. Amen. guide and restrain one's emotions and appetites; having the passions and powers of the soul under the control of reason and conscience. (3) Paul prenched of a judgment to come, where the rewards for virtue and the punish-It is not the last drink that makes | ment for sin and crime would be mani-

with alms for the poor, and, as before

the council, he stands upon his in-

tegrity.

Ready to Preach the Gospel

By REV. W. W. KETCHUM Director of the Practical Work Course, Moody Bible Institute, Chicago

TEXT-So as much as in me is I am ready to preach the Gospel to you that are at Rome also.—Rom, 1:15.

The Greek term which the word ready translates, does not have in it

so much the idea of preparedness as it does eagerness. It gives us a picture of the apostle standing as it were on tiptoe facing the imperial city, his countenance expressing the passion of his heart to preach the Gospel to the people of that city. I can imagine

as the apostle stands like a hound at leash, eager to be off, someone tugging at his clonk and saying, "Don't go to Rome, Paul, to preach the Gospel of the cross. They will laugh your story to scorn. Rome, remember, was the home of Cicero, and his orations are still studied there, and Seneca is discoursing in the streets. Go to them, Paul, with a little sociology, religious pathology and ethical culture, but not with the word of the cross." And Paul answers back: "I am not ashamed of the Gospel of Christ, for it is the power of God unto salvation to every-

one that believeth, to the Jew first and There are people today who tell us that the Gospel of the cross doesn't meet the modern mind. Well, I may know little of the modern mind, but I do know a great deal about the modern heart, and one thing is this, that it is still "deceitful above all things and desperately wicked," and, thank God, I know what can meet its needs and that is the cross of Christ. The trouble, friends, is not with our hends but with our hearts; let them be cleansed by the blood of Christ and the modern mind has no difficulty in understanding the story of the cross, Problems there may be, but the heart that knows the cleansing power of the blood clings in simple faith to the Cross of Christ.

Then there are those who say that the Cross of Christ does not meet the problem of today. What problems are there today that were not the problems of yesterday? What about the moral corruption of the times? Is it any worse than it was in Paul's day? When the apostle was eager to go to Rome, lecherous, reprobate Nero, who had sunk almost to the nethermost hell, was on the throne. Yet Paul was not desirous of going to Rome with a moral mud scow but with the Gospel of Christ. He knew what some moderns do not know, that reformation follows regeneration, and so he was enger to preach in that corrupt city the Gospel of the cross. What a lesson to some would-be preachers of today who, not knowing the power of the Gospel to regenerate society, are trying with their puny scoops to cleanse the cesspools of iniquity, when hey have at their command the dynatry to batter down a fortress with a popgun and toy pistol as to attempt to overcome the forces of evil in the world by any moral reformation which leaves out the cross of Christ.

But what about a world immersed in pleasure? Will the Gospel reach such same God (v. 14); (2) he believed in a world? As Paul stood facing Rome, mad with pleasure, he said, "I am ready to preach the Gospel to you that Jesus was the Messiah. (3) He agreed are at Rome also." And yet the city was almost altogether given over to pleasure. During the reign of Claudius, who preceded Nero on the throne "vold of offense" toward God in heart | the gladiatorial games became almost as we know, it was no better. Paul. upon the raw material, disciplining the Gospel. It is a great challenge that the pleasure-loving world gives the preachers of today. How shall Gospel, or is the Gospel still the power of God unto salvation, even unto a pleasure-loving world? One of the saddest sights to behold is a ministry that has abandoned the Gospel and substituted in the place a sociological shovel and a pathological plaster. If hell ever laughs it laughs at such a substitution, for it knows that make shifts will never meet the world's

need and defeat hell. Come on, preachers, the world challenges us, let us meet the challenge with Paul's "I am ready to preach the Gospel." What Gospel? Why, the Gospel of the cross, of course, for there is none other. And with Paul let us say, no matter what the world may say, we are not ashamed of the Gospel of Christ. Why not ashamed? "Because it is the dynamite of God." That means it has in itself the power to do business for God. No wonder Paul, facing Intellectual, corrupt pleasure-loving Rome, said, "I am ready, I am not ashamed to preach the Gospel to you that are at Rome also.

The day is thine, thou Lord of all who toll, for all eternity belongeth unto thee; thou hast but loaned it unto me. Master Craftsman, who earning thy daily bread, help me to use this day worthly; until the tasks that come from thy hands are done and thou biddest me lay aside my

Properly, there is no other knowl edge but that which is got by work ing: the rest is yet all a hypothesi of knowledge-n thing to be argued of in schools; a thing floating in the clouds, in endless logic-vortices, till we try and fix it.-Carlyle,

BASEBALL EDITOR IS HURT!

Makes Unkind Comment on Question Asked by Sweet Girl Viewing National Game.

Gilligan, the Demon Swatter, stepped up to the plate. It was the last half of the ninth inning with the score tied and two men

Gilligan swung at the first ball and missed.

The next one was a ball, and the next and the next. The umpire called the next one

strike, though 20,000 fans disagreed with him. "This one tells the tale," said everybody to his next neighbor. Gilligan gripped his bat firmly, dug

his snikes into the ground and swung with all his might. Crack! The ball sped as if shot out of a cannon, far over the center field fence, while the Demon trotted round the bases amid the plaudits of the

multitude. When the excitement had subsided a bit, a girl-Oh, she was a beautiful girl. You ought to've seen her-well, anyhow, this girl touched her escort timidly on the arm and asked in dulcet tones:

"Does the batter have to pay for the ball when he loses it over the fence

And yet some people thought women should be allowed to vote.-New York World.

FOR ITCHING SCALP

And Falling Hair Use Cuticura Soap and Ointment. Trial Free.

When the scalp is itching because of dandruff and eczema a shampoo with Cuticura Soap and hot water will be found thoroughly cleansing and soothing, especially if shampoo is preceded by a gentle application of Cuticura

Ointment to the scalp skin.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L. Boston. Sold everywhere .- Adv.

Reasonable Precaution. The lady was complaining to her

dairyman some time ago regarding the quality of his milk.

"Short o' grass feed, mum; short o grass feed this time o' year," said the jocular milkman. "Bless you, them cows o' mine are just as sorry about it as I am. I often stands and watches 'em cryin', reg'iar cryin', mum, becaus they feel as how their milk don't do 'em credit. You don't believe it?"

"Oh, yes, I believe it," said the lady "but I wish in future you'd see that they don't drop their tears into our

Ideal Wife.

Miss Marion Pomeroy Smith, the Cape Cod helress who has just won a legal contest for the control of her huge fortune, believes in women's rights.

"There will be fewer divorces," she said to a reporter, "when men treat women as their equals. "Do you know the kind of wife my

ideal is?' a married man once said to

" Of course I do.' said I. 'Your idea wife is the kind that's tickled to death over a birthday present of a bag of

WHAT EVERY WOMAN KNOWS. Every woman takes great pride in having her home well kept, in having the family wash done early in the week. Good bluing is needed even more than good soap. Be sure to use Red Cross Ball Blue .- Adv.

Forgot Them. "Mandy," said the lady of the house indignantly, "did you steal my tan silk

stockings?" "Lor', Miss Edith, how you done

talk. Me steal? Poor old Mandy never done steal nothing." "How does it come I found them in your room behind the trunk?"

"Now, Miss Edith, ain't you jes the smartest, though, finding them stockings there when I done forgot where it was I put them. No'm, I didn't steal em; I jes forgot them."

Near Experience. "Have you had an experience in

this floating hotel business?" "In a way. I once boarded a vessel and lodged a complaint there."

White Bouglas \$3.00 \$2.50 & \$2.00

W. L. Douglas Shoe Co., Brockton, Mas

L. DOUGLAS

\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money

An Improvement. Mrs. Josiah Cowles, the new president of the National Federation of Women's Clubs, was talking in New

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

York about dress. "Women, once they get interested in our movement," she said, "dress more sensibly. They give less thought o dress. I may claim, in fact-

Mrs. Cowles smiled. "I may claim, in fact," she ended. "that these women start making their own clothes and stop picking their friends' clothes to pieces.'

No Joke.

"I need a lot of new things this fall," egan Mrs. Wife. "We have to get a new rug for the dining room and some curtains for the living room. We need ome new dishes, too. And besides, I haven't a thing to wear. I've got to get a new evening dress and a street dress, and a couple of new hats, and I haven't a pair of shoes to my name,

It isn't any joke-that's all.

Conspicuous Example. "What's your idea of an optimist?" "A professional prizefighter telling what he is going to do to the other felHad Learned His Lesson.

After one of the reservations had been opened, the white community was annoyed by the promiscuous swearing of the noble red man, numbers of whom seemed quite unaware of the strength of their recently acquired vocabulary. This condition became so intolerable that several arrests were made and inil sentences imposed. It was not long before the native sons of America realized that swearing in public was a very bad business, and they ouit. One of these Indians was a witness in a case of some importance in the local justice court, and had testified to certain facts which greatly exasperated counsel for defense. With his hand upraised the lawyer impressively thundered: "Now, Nick, will you swear-" "No!" shouted the Indian. "Me no swear! Swear talk no good here-gettum jail !"

Lure of the Rural.

"Can you find servants who will go into the country?"

"Yes. But only when we're living in the city and the picnic season is on."

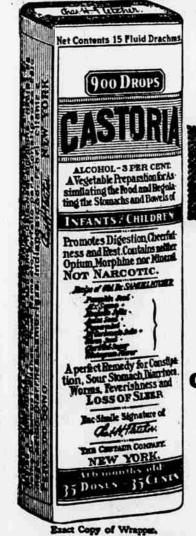
To keep up with progress, a man

Like A Boy at 50 Bubbling Over With Vitality-Taking Iron Did It

Doctors says Nuxated Iron is greatest of all strength builders Often increases the strength and endurance of delicate, nervous folks 200 per cent. in two weeks time.

NEW YORK, N. Y.-Not long ago a | day after meals for two weeks. Then man came to me who was nearly half test your strength again and see for a century old and asked me to give yourself how much you have gained. I him a preliminary examination for have seen dozens of nervous, run-down life insurance. I was astonished to people who were alling all the while, find him with the blood pressure of a double their strength and endurance boy of 20 and as full of vigor, vim and and entirely get rid of all symptoms of vitality as a young man; in fact a dyspepsia, liver and other troubles in young man he really was notwithstand- from ten to fourteen days' time simply ing his age. The secret he said was by taking iron in the proper form. And taking iron-nuxated iron had filled this after they had in some cases been him with renewed life. At 30 he was doctoring for months without obtaining in bad health; at 46 careworn and any benefit. But don't take the old nearly all in. Now at 50 a miracle of forms of reduced iron, iron acetate or vitality and his face beaming with the tincture of iron simply to save a few buoyancy of youth. As I have said a cents. You must take iron in a form hundred times over, iron is the great- that can be easily absorbed and asest of all strength builders. If people similated like nuxated iron if you want would only throw away patent medi- it to do you any good, otherwise it may cines and nauseous concoctions and prove worse than useless. Many an take simple nuxated iron, I am con- athlete or prize-fighter has won the day vinced that the lives of thousands of simply because he knew the secret of persons might be saved, who now die great strength and endurance and filled every year from pneumonia, grippe, his blood with iron before he went inconsumption, kidney, liver and heart to the affray, while many another has rouble, etc. The real and true cause gone down to inglorious defeat simply which started their diseases was noth- for lack of iron.-E. Sauer, M. D. ing more nor less than a weakened

which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per



Children Cry For teteturs CASTORIA What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Pare-goric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic contains neither Opium, Morphine for other Narcotte substance. Its age is its gnarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colle, all Teething Troubles and Diarrhœa. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of In Use For Over 30 Years The Kind You Have Always Bought

THE CENTAUS COMPANY, NEW YORK CITY,